

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ

Житомирський державний університет імені Івана Франка

Українець А. І.

**Методичні рекомендації до організації
самостійної роботи
з обов'язкової освітньої компоненти
“Іноземна мова за професійним спрямуванням”
для підготовки здобувачів
першого (бакалаврського) рівня вищої освіти
освітніх програм Фізична культура і спорт та Середня освіта (Фізична
культура)**

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Рецензенти:

Наталія Плахотнюк – кандидат педагогічних наук, доцент кафедри теоретичної та прикладної лінгвістики Державного університету «Житомирська політехніка».

Марина Полховська – кандидат філологічних наук, доцент, директор навчально-наукового інституту іноземної філології Житомирського державного університету імені Івана Франка.

Лариса Соловйова – кандидат філологічних наук, доцент кафедри іноземних мов Поліського національного університету.

Українець А. І.

Методичні рекомендації до організації самостійної роботи з освітньої компоненти «Іноземна мова за професійним спрямуванням» для здобувачів вищої освіти освітніх програм Середня освіта (Фізична культура) та Фізична культура і спорт. Житомир: вид-во Житомирського державного університету імені Івана Франка, 2025. – 46 с.

У методичних рекомендаціях викладено мету, завдання та зміст вивчення дисципліни, вказано основні види навчальної діяльності під час організації самостійної роботи з курсу «Іноземна мова за професійним спрямуванням». Методичні рекомендації призначені для здобувачів першого (бакалаврського) рівня вищої освіти освітніх програм Середня освіта (Фізична культура) та Фізична культура і спорт.

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Вступ

Методичні рекомендації розроблені для проведення практичних занять з англійської мови та для організації самостійної роботи підготовки здобувачів першого (бакалаврського) рівня вищої освіти відповідає освітньо-професійним програмам «Середня освіта (Фізична культура)» та «Фізична культура і спорт». Матеріал розроблений до II Модуля “Global Issues” для виконання основних цілей вивчення професійно спрямованої англійської мови.

Впровадження англійської мови в навчальний процес є важливим аспектом формування професійних навичок майбутніх вчителів фізичної культури та тренерів. Ці методичні рекомендації розроблені для ефективного проведення практичних занять з англійської мови, спрямованих на підготовку студентів до професійної діяльності. Ці рекомендації орієнтовані на активне використання комунікативних методів і прийомів навчання, що сприяють розвитку мовних навичок та професійної компетентності студентів.

Мета не лише підвищення рівня володіння англійською мовою, а й вдосконалення професійних вмінь, необхідних для успішної роботи в сфері освіти. У цих методичних рекомендаціях можна знайти різноманітні завдання та вправи, які можна використовувати для самостійної роботи. Вони охоплюють різні аспекти вивчення англійської мови, включаючи читання, письмо та усне мовлення. Кожне завдання адаптоване до потреб студентів і спрямоване на активну участь у процесі навчання. Ці методичні рекомендації стануть корисним інструментом для вас у проведенні практичних занять з англійської мови для студентів і допоможуть зробити процес навчання цікавим та продуктивним.

Рекомендації викладені послідовно, відповідно до робочої програми. Основна частина методичних рекомендацій складається з

практичних завдань з детальним поясненням. Також необхідним було використання лексичного мінімуму та всіх вправ різних типів, які підпорядковані роботі з цими текстами. Користуючись даними методичними рекомендаціями здобувачі матимуть можливість поглибити й розширити знання з англійської мови. Матеріал рекомендацій відповідає темам II Модулю.

Tema 1. Tourist Trail: Exploring the World

Travelling is one of the most exciting activities in life. People travel for different reasons: to relax, to learn about new cultures, to meet new people, or to explore beautiful places. A tourist trail is a popular route that many travellers follow when visiting a country or city. It usually includes famous landmarks, historical sites, and must-see attractions.

For example, in Paris, the tourist trail often includes the Eiffel Tower, the Louvre Museum, and Notre-Dame Cathedral. In London, visitors explore Big Ben, Buckingham Palace, and the British Museum. These places are well-known and attract thousands of tourists every year.

However, some travellers prefer to avoid traditional tourist trails and discover hidden gems. They visit small villages, local markets, and natural landscapes that are not in guidebooks. This way, they experience a destination in a more authentic way.

When travelling, it is important to respect local traditions, protect the environment, and be open to new experiences. Whether you follow a popular tourist trail or explore unknown places, travelling helps us grow and understand the world better.

Tasks

1. Vocabulary Match

Match the words with their definitions:

- a. Landmark
- b. Attraction
- c. Tourist trail
- d. Hidden gem
- e. Destination

a) A famous place that many people visit

- b) A place that is not very well known but is beautiful or interesting
- c) A well-known route that travellers follow
- d) A place where someone is going or planning to go
- e) A popular site or activity for tourists

2. Fill in the Blanks Complete the sentences with the correct words:

- a. The Eiffel Tower is a famous _____ in Paris.
- b. We decided to visit a small village off the _____ _____.
- c. The Colosseum is a major _____ in Rome.
- d. Our next travel _____ is Japan!
- e. While exploring the city, we found a _____ _____ – a small café with amazing coffee.

3. Discussion Questions

- a. Have you ever followed a tourist trail? If yes, where?
- b. Do you prefer visiting famous places or exploring hidden spots?
Why?
- c. What is one travel destination on your bucket list?
- d. How can tourists be more responsible when travelling?
- e. If you could design a perfect tourist trail in your country, what places would you include?

4. Writing Task

Write a short paragraph (100 words) about a famous tourist trail in your country.

Include:

- The name of the trail
- The main attractions along the route
- Why tourists should visit it

Тема 2. Holiday Heaven.

Everyone dreams of a perfect holiday — a place where they can relax, enjoy beautiful scenery, and forget about daily worries. A holiday heaven is a destination that offers everything a traveller could wish for: breathtaking nature, comfortable accommodation, delicious food, and exciting activities.

There are many types of holiday heavens, depending on what people enjoy. Some prefer tropical beaches with golden sand, clear blue water, and palm trees. Destinations like the Maldives, Hawaii, or the Caribbean Islands are perfect for those who love the sun and the sea. Others dream of a winter paradise, such as the Swiss Alps or Lapland, where they can ski, snowboard, and admire snowy landscapes.

For adventure seekers, a holiday heaven might be an African safari, hiking in the mountains, or exploring ancient cities. Places like Machu Picchu in Peru or the Grand Canyon in the USA offer unforgettable experiences. Meanwhile, those who love culture and history may find their perfect holiday in European cities like Rome, Paris, or Prague, where they can visit museums, castles, and historical landmarks.

A holiday heaven is not just about the destination—it's also about the experience. The best holidays allow people to relax, try new activities, and make wonderful memories. Whether it's watching a sunset over the ocean, tasting exotic food, or meeting new friends, a great holiday makes people feel refreshed and happy.

Of course, planning a holiday is important. Travellers should choose the right season, pack the necessary things, and respect local customs. Being a responsible tourist means protecting the environment, supporting local businesses, and appreciating the culture of the place they visit.

No matter what type of holiday you prefer, one thing is certain: a perfect getaway is one where you feel free, happy, and inspired. So, where would your holiday heaven be?

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Getaway
 2. Scenery
 3. Destination
 4. Accommodation
 5. Landmark
- a) A place where people travel for holidays
 - b) A place to stay while travelling, such as a hotel or resort
 - c) A famous building or site that attracts visitors
 - d) Beautiful natural surroundings or views
 - e) A short holiday or trip to relax

2. Fill in the Blanks

Complete the sentences with the correct words:

1. We booked a beachside _____ for our holiday in Greece.
2. The Eiffel Tower is a famous _____ in Paris.
3. My dream _____ is a small island with white sandy beaches.
4. The mountain _____ in Switzerland is breathtaking.
5. After a stressful year, I really need a relaxing _____.

3. Discussion Questions

- a. What is your idea of a holiday heaven?

- b. Do you prefer a relaxing holiday or an active holiday? Why?
- c. Have you ever visited a place that felt like paradise? Where was it?
- d. What are the most important things to consider when planning a holiday?
- e. How can tourists help protect beautiful holiday destinations?

4. Writing Task

Write a short paragraph (120 words) about your dream holiday heaven.

Include:

- The location (country or type of place)
- Activities you would do there
- Why it would be a perfect holiday for you

Tema 3. Different Jobs. Rising Stars

Choosing a career is one of the most important decisions in life. Some people dream of becoming doctors or engineers, while others want to be artists, athletes, or even astronauts. There are thousands of jobs in the world, and each one plays an important role in society. Some professions are well-known, while others are unique and unusual.

A rising star in a profession is someone who is becoming successful and gaining recognition. These people work hard, show talent, and inspire others. They might be young entrepreneurs launching a new business, talented musicians becoming famous, or scientists making groundbreaking discoveries. Many successful professionals started with small steps and worked their way up.

Popular Jobs and Rising Stars 1. Technology and Innovation Careers in technology, such as software developers, cybersecurity experts, and AI engineers,

are growing rapidly. Rising stars in this field create apps, design smart devices, and improve our digital world. 2. Entertainment and Media Actors, musicians, and social media influencers can become famous quickly. Some rising stars go viral on platforms like TikTok or YouTube, gaining millions of followers. 3. Healthcare and Science Doctors, nurses, and researchers are essential to our health. Rising stars in medicine develop new treatments, save lives, and improve healthcare systems. 4. Sports and Athletics Young athletes train hard to become champions. Some rising stars are discovered at a young age and go on to compete in the Olympics or world championships. 5. Business and Entrepreneurship Many young entrepreneurs launch startups that change the world. Mark Zuckerberg, for example, started Facebook as a student and became one of the most successful businessmen.

No matter what job someone chooses, passion, dedication, and hard work are key to success. Even the most famous professionals started as beginners before they became rising stars.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Career
 2. Entrepreneur
 3. Innovative
 4. Recognition
 5. Champion
- a) A person who starts a business
 - b) A profession or job path

- c) Winning or being the best in a competition
- d) Receiving attention or fame for achievements
- e) Introducing new and creative ideas

2. Fill in the Blanks

Complete the sentences with the correct words:

1. She became a _____ after winning an Olympic gold medal.
2. The young scientist received _____ for her discovery.
3. His _____ in technology helped him create a successful startup.
4. A true _____ thinks outside the box and takes risks.
5. This company is very _____ because they create new solutions.

3. Discussion Questions

- a. What is your dream job, and why?
- b. Do you know any rising stars in sports, music, or business?
- c. What skills are important to become successful in any career?
- d. Would you prefer a well-known career or a unique job? Why?
- e. What advice would you give to someone starting their career?

4. Writing Task

Write a short paragraph (120 words) about a rising star in any field.

Include:

- Their name and profession
- How they became successful
- Why they inspire you

Tema 4. Hard Work. Job Interview

In today's competitive world, hard work is one of the most important factors in achieving success. Whether you're aiming for a promotion, a new career, or simply striving to improve in your current job, putting in the effort can lead to significant rewards. But hard work alone is not always enough—being able to impress potential employers in a job interview is just as important.

A job interview is an opportunity to showcase your skills, experience, and personality. It is a moment when you need to present yourself in the best possible light, while also proving that you are the right person for the job. But how can hard work and job interviews work together?

The Role of Hard Work in Career Success

Hard work involves more than just showing up on time or completing tasks. It is about putting in extra effort, going above and beyond, and showing a commitment to continuous improvement. For example, someone in a technical job may spend extra hours learning new programming languages or staying updated with the latest industry trends. A manager may work long hours to ensure their team's success or dedicate time to developing leadership skills. Regardless of the profession, those who work hard are more likely to stand out and get noticed by their superiors and colleagues.

Hard work is also about persistence. When things get tough, the ability to keep going, learn from mistakes, and keep improving is essential. Hard work means being determined, even when results aren't immediate. In the long run, consistent effort often leads to greater opportunities and achievements.

The Job Interview: Making a Strong Impression

A job interview can be a stressful experience, but it's also your chance to show potential employers that you're not just hardworking but also the right fit for the company. Preparation is key when it comes to job interviews. Here are a few tips on how to excel: 1. Research the Company Before the interview, it's

essential to learn as much as possible about the company. Understand their mission, values, products, and culture. This will allow you to tailor your answers to show how your values align with theirs. 2. Highlight Your Experience and Skills Be prepared to discuss your previous work experience, accomplishments, and skills. Use examples that show how your hard work has led to tangible results, whether that's improving a process, increasing sales, or leading a successful project. 3. Practice Common Interview Questions While you can't predict every question, there are common ones that most employers ask, such as: • "Tell me about yourself." • "Why should we hire you?" • "What are your strengths and weaknesses?" Practicing these questions will help you feel more confident and articulate during the interview. 4. Ask Thoughtful Questions A job interview is a two-way conversation. Asking insightful questions about the company and the role shows that you are genuinely interested. It also demonstrates that you've done your research and are thinking long-term. 5. Be Confident, Not Arrogant Confidence is key during a job interview, but it's important to strike the right balance. You want to appear sure of your abilities, but not come across as overconfident. A humble attitude combined with clear communication will leave a positive impression.

Hard Work and Job Interviews Go Hand in Hand

While it's crucial to work hard in your career, excelling in a job interview is just as important. Showing up well-prepared, confident, and passionate about the job is what sets you apart from other candidates. In the end, your hard work and interview preparation can open the door to amazing career opportunities.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Hard work

2. Job interview

3. Persistence

4. Impress

5. Confidence

a) A formal conversation where an employer assesses a potential employee

b) The ability to continue trying despite difficulties

c) Effort or exertion put into achieving something

d) To make a positive impact or leave a good impression e) Belief in one's abilities or qualities

2. Fill in the Blanks

Complete the sentences with the correct words:

1. _____ is crucial if you want to succeed in any career.

2. He didn't get the job, but his _____ during the interview was impressive.

3. It took a lot of _____ to pass the final exams, but he succeeded in the end.

4. She worked hard to _____ the interviewers with her skills and experience.

5. Building _____ is essential when you're applying for a job.

3. Discussion Questions

a. What do you think is more important: hard work or luck? Why?

b. How do you prepare for a job interview?

c. What are some ways to show hard work in your daily tasks at work?

d. Have you ever had a job interview where you felt extremely confident? What helped you feel that way?

e. Why is persistence important in achieving career goals?

4. Writing Task

Write a short paragraph (150 words) about your experience with a job

interview.

Include:

- The job you applied for
- How you prepared for the interview
- What went well during the interview and what could have been better

Tema 5. Leisure Time. What's On.

In today's busy world, finding time to relax and enjoy life is essential. Leisure time allows people to rest, have fun, and do activities they love. Whether it's reading a book, watching a movie, playing sports, or spending time with friends, leisure activities help people recharge their energy and reduce stress.

But how do people decide what to do in their free time? One way is to check "What's On"—a phrase used in newspapers, websites, and advertisements to show current events and entertainment options. Whether it's a new movie release, a music concert, a theatre play, or a sports match, checking "What's On" helps people plan exciting activities.

Popular Leisure Activities

There are many ways to enjoy free time, depending on personal interests:

1. **Watching Movies and TV Shows** Many people love going to the cinema or watching their favorite TV series at home. Streaming platforms like Netflix and Disney+ offer a wide range of films, from action-packed blockbusters to romantic comedies.
2. **Sports and Outdoor Activities** Some people prefer to stay active by playing sports, jogging, cycling, or hiking. Being outdoors is a great way to relax and improve physical health.
3. **Attending Events** Concerts, theatre performances, and comedy shows attract large audiences. Festivals and fairs are also great options for those who love culture and live entertainment.
4. **Reading and Hobbies** Reading books, writing, painting, or playing a musical instrument are creative ways to spend leisure time. Many people enjoy learning new skills or trying out hobbies like photography or cooking.
5. **Socializing and Going Out** Going to cafes, restaurants, or parks with friends and family is a great way to enjoy free time. People also like visiting museums, exhibitions, or amusement parks.

How to Make the Most of Leisure Time?

To enjoy free time fully, it's important to: ✓ Plan ahead – Check “What’s On” to find interesting events and activities. ✓ Try new things – Exploring new hobbies or visiting different places keeps life exciting. ✓ Balance activities – Mix relaxing and active pastimes for a healthy lifestyle. ✓ Disconnect from technology – Sometimes, taking a break from screens helps people enjoy real-life experiences.

No matter how you choose to spend your leisure time, the most important thing is to enjoy it and make great memories!

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Leisure
 2. Streaming
 3. Concert
 4. Hobby
 5. Festival
- a) Watching movies or TV shows online
 - b) A special event with music, food, or entertainment
 - c) Free time for relaxation or fun activities
 - d) An activity people do for enjoyment, such as painting or playing an instrument
 - e) A live music performance

2. Fill in the Blanks

Complete the sentences with the correct words:

1. I checked the “What’s On” section and found a great _____ happening this weekend.
2. Many people watch movies on _____ platforms like Netflix.

3. Playing the guitar is my favorite _____.
4. We went to a rock _____ last night, and it was amazing!
5. Spending _____ time outdoors helps me relax and feel happy.

3. Discussion Questions

- a. What do you usually do in your leisure time?
- b. Do you prefer watching movies at home or going to the cinema?
Why?
- c. What was the last event you attended?
- d. If you could plan the perfect leisure day, what would it include?
- e. How can people balance work and leisure in their daily lives?

4. Writing Task

Write a short paragraph (150 words) about your ideal leisure time.

Include:

- The activities you enjoy most
- A recent event you attended or an exciting activity you tried
- Why leisure time is important to you

Tema 6. Reality TV. Box Office.

In today's entertainment industry, two major types of content attract millions of viewers worldwide: reality TV and box office movies. Both provide excitement, drama, and memorable moments, but they are very different in format and production.

The Popularity of Reality TV

Reality TV has become one of the most-watched genres in modern entertainment. Unlike scripted shows, reality TV features real people in

unscripted situations. It can include talent competitions, survival challenges, dating shows, and even documentaries about celebrities or ordinary people.

Some of the most famous reality TV shows include:

- Talent Competitions – Shows like *The Voice*, *America's Got Talent*, and *Dancing with the Stars* give people a chance to showcase their skills.
- Survival and Adventure Shows – Programs like *Survivor* and *The Amazing Race* challenge participants with extreme physical and mental tasks.
- Dating Shows – *Love Island* and *The Bachelor* focus on romance and relationships, attracting huge audiences.
- Celebrity Reality Shows – Many celebrities open their lives to cameras, like in *Keeping Up with the Kardashians*.

The appeal of reality TV comes from its unpredictability, real emotions, and audience participation. Many reality shows allow viewers to vote for their favorite contestants, making them feel part of the action. However, critics argue that some reality TV is scripted or exaggerated for drama.

Box Office Hits: The Power of Movies

While reality TV dominates television, the film industry continues to produce box office hits—movies that make millions (or even billions) of dollars in ticket sales. The term box office refers to the revenue a movie earns in cinemas. The more successful a movie is, the higher its box office ranking.

Some of the biggest box office hits in history include:

- *Avatar* (2009) – A visually stunning sci-fi adventure that broke box office records.
- *Avengers: Endgame* (2019) – A superhero blockbuster that became one of the highest-grossing films of all time.
- *Titanic* (1997) – A mix of romance and tragedy that remained at the top of the box office for years.

Why Do People Love Reality TV and Movies?

Both reality TV and box office movies provide entertainment, but they appeal to audiences in different ways:

✓ Reality TV feels relatable – Viewers connect with real people and their struggles. ✓ Movies offer escapism – Big-budget films transport audiences into different worlds. ✓ Both create pop culture moments – Famous reality TV scenes and blockbuster movie quotes become part of everyday conversations.

Which One Is More Influential?

Reality TV and movies have different influences on society. Reality TV can inspire trends in fashion, behavior, and social media, while movies have the power to shape opinions, create cultural phenomena, and even break records worldwide.

In the end, both forms of entertainment will continue to evolve, attracting new generations of viewers. Whether you prefer the drama of reality TV or the excitement of a blockbuster, entertainment is always evolving!

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Reality TV
 2. Box office
 3. Contestant
 4. Blockbuster
 5. Vote
- a) A person who takes part in a competition
 - b) A type of television show featuring real people in unscripted situations
 - c) A very successful, high-grossing movie
 - d) To choose someone or something in an election or competition
 - e) The amount of money a movie earns in cinemas

2. Fill in the Blanks

Complete the sentences with the correct words:

1. The new superhero film broke all _____ records in its first week.
2. She was a _____ on a popular reality TV singing competition.
3. Many people watch _____ because they enjoy real-life drama.
4. Fans can _____ for their favorite dancer in the talent show.
5. The latest action movie became a Hollywood _____ within days of its release.

3. Discussion Questions

- a. Do you prefer reality TV or movies? Why?
- b. What is the most exciting reality show you have ever watched?
- c. Which box office movie has impressed you the most?
- d. Do you think reality TV is real, or is it scripted? Why?
- e. How do movies and TV shows influence society and culture?

4. Writing Task

Write a short review (150 words) of a reality TV show or a box office movie you recently watched.

Include:

- The title and genre
- A brief description of the plot
- What you liked or disliked about it
- Would you recommend it to others? Why?

Tema 7. Fashion Victim. At the Mall.

In today's world, fashion has become a significant part of many people's lives. Whether it's following the latest trends, expressing personal style, or just keeping up with friends, fashion influences our daily choices. However, some

people take their obsession with fashion to an extreme, becoming what is often referred to as a “fashion victim.” This term is used to describe someone who blindly follows every trend, even when it doesn’t suit their body type, personality, or budget. A fashion victim may be found in malls, shopping for the latest items just because they are in fashion, rather than considering their individual style or practicality.

The Mall as a Fashion Playground

Shopping malls are more than just places to buy clothes. They are centers of consumer culture where fashion trends are constantly on display. When we walk through a mall, we are exposed to the latest styles, flashing signs, and window displays that entice us to buy. It’s easy to get caught up in the excitement, especially with so many new styles, colors, and designs appearing every season.

The mall is also a place where people can see others’ outfits and compare themselves to the latest trends. Some individuals feel pressured to fit in and wear what everyone else is wearing, even if it doesn’t reflect their personal style. This desire to blend in can lead to someone becoming a fashion victim.

The Characteristics of a Fashion Victim

A fashion victim often has certain traits, such as:

1. **Following Trends Without Thinking** A fashion victim doesn’t question trends but simply buys them because they are “in.” For example, if neon colors or oversized jackets are popular, a fashion victim will buy them without considering if they fit their personal style or body shape.
2. **Over-spending** Many fashion victims feel compelled to buy the latest styles, often going beyond their budget. They may buy items just because they are trendy, even if they cannot afford them.
3. **Sacrificing Comfort** Fashion victims may choose style over comfort. They might wear uncomfortable shoes, tight clothing, or impractical outfits just to look fashionable, even if it causes them discomfort.
4. **Lack of Personal Style** Instead of creating a wardrobe that represents who they are, fashion victims tend to copy the outfits of celebrities or influencers. Their wardrobe lacks uniqueness or

personality, and they end up wearing things just because they're popular, not because they like them. 5. Frequent Shopping Fashion victims are often in shopping malls every week, always hunting for the next trend. Their wardrobes quickly become overcrowded with items they hardly wear.

The Impact of Fashion on Society

While fashion can be a way of expressing individuality, there can also be negative consequences to blindly following trends. For one, it creates a culture of consumerism, where people feel pressured to constantly buy and throw away clothes. This leads to over-consumption, which is harmful to the environment. Moreover, spending too much money on clothes can put people into financial debt.

On a personal level, being a fashion victim can lead to feelings of insecurity. When someone's identity is based on wearing the latest trends, they may feel lost if they don't have access to these styles. Fashion should make us feel good about ourselves, but for fashion victims, it often has the opposite effect.

How to Avoid Being a Fashion Victim

To avoid falling into the trap of being a fashion victim, consider the following:

- Find Your Personal Style – Instead of following every trend, develop a style that suits your body type, personality, and lifestyle. Look for clothes that you truly love and feel confident in.
- Invest in Timeless Pieces – Rather than buying trendy items that quickly go out of style, invest in classic pieces that will last for many years. A well-fitting pair of jeans, a tailored blazer, or a simple black dress will never go out of fashion.
- Set a Budget – Fashion should be fun, but it can also be expensive. Set a budget for shopping and stick to it, so you don't overspend on clothes that you don't need.
- Focus on Comfort – Fashion should be comfortable. Look for outfits that make you feel good both inside and out.
- Be Confident – Wear what makes you feel confident, regardless of whether it's the latest trend or not. Real style is about being true to yourself.

Conclusion

Fashion is an exciting part of modern life, but it's essential to remember that trends come and go. Don't let the pressure to conform make you into a fashion victim. Instead, focus on creating a style that reflects who you are. The next time you visit the mall, remember that true style is about more than just following the crowd—it's about expressing yourself authentically.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Fashion victim
 2. Trends
 3. Consumerism
 4. Comfort
 5. Style
- a) The culture of constantly buying and consuming products
 - b) A person who blindly follows fashion trends without considering their own style or needs
 - c) A way of dressing that reflects personal preferences
 - d) Something that is popular for a short period of time
 - e) The state of feeling relaxed and free from discomfort

2. Fill in the Blanks

Complete the sentences with the correct words:

1. She bought a new pair of heels even though they were very uncomfortable just because they were the latest _____.
2. Fashion should be about expressing your _____ and individuality.

3. Many young people are influenced by _____ and feel pressure to wear what celebrities wear.
4. After spending too much on trendy clothes, he realized he was falling into the trap of _____.
5. She doesn't follow every fashion _____; instead, she focuses on timeless, classic pieces.

3. Discussion Questions

- a. Do you think fashion victims truly enjoy their clothes, or are they just following trends?
- b. What role does social media play in influencing people to become fashion victims?
- c. What do you think are the advantages and disadvantages of following fashion trends?
- d. How can someone develop their personal style without feeling pressured to keep up with trends?
- e. Have you ever bought something just because it was fashionable, but later realized you didn't like it?

4. Writing Task

Write a short paragraph (150 words) on how fashion can affect your self-esteem.

Include:

- Your thoughts on the pressure to follow trends
- How you decide what clothes to wear
- How fashion influences how you feel about yourself

Tema 8. Olympic Games. Olympic Dreams.

The Olympic Games are one of the most prestigious and exciting sporting events in the world. Every four years, athletes from all corners of the globe gather

to compete in various sports, striving to earn the ultimate prize: an Olympic medal. The Olympic Games represent the peak of athletic achievement, as they bring together the best of the best to showcase their skills, determination, and sportsmanship.

History of the Olympic Games

The Olympic Games have a long and rich history. They originated in ancient Greece around 776 BC, where they were held in honor of the Greek god Zeus. The ancient Olympic Games featured events like foot races, wrestling, and chariot races. However, the ancient Olympics eventually came to an end in 393 AD when they were abolished by the Roman emperor Theodosius I.

The modern Olympic Games were revived in 1896 by the Frenchman Pierre de Coubertin. The first modern Olympic Games took place in Athens, Greece, and featured 13 countries. Since then, the Olympics have grown into a global event, with thousands of athletes from more than 200 countries competing in hundreds of different sports.

The Significance of the Olympic Games

The Olympics are more than just a series of sporting events. They are a symbol of global unity, peace, and friendship. Athletes from diverse cultures and backgrounds come together to compete, transcending borders and politics. The Olympic Games offer an opportunity for people from different parts of the world to connect and share a sense of pride in their nations.

In addition to promoting international cooperation, the Olympics also inspire individuals to pursue their dreams and aspirations. Many young athletes around the world dream of one day competing in the Olympic Games. For them, the Olympics represent the pinnacle of success, and they are willing to sacrifice everything to achieve their dreams.

Olympic Dreams: The Journey of an Athlete

For athletes, the journey to the Olympics is long, challenging, and often filled with hardships. The road to Olympic glory requires years of dedication,

hard work, and determination. Athletes must train relentlessly, often pushing their bodies to the limit, and overcoming numerous obstacles along the way.

One of the most significant challenges athletes face is the pressure to perform at the highest level. The weight of representing their country and the desire to win an Olympic medal can be overwhelming. However, the dream of standing on the Olympic podium and hearing their national anthem played makes it all worthwhile.

The journey to the Olympics also involves personal sacrifices. Many athletes have to give up their personal lives, social activities, and even financial stability to focus on their training. It requires a level of commitment and discipline that most people can hardly imagine. Yet, for many athletes, the dream of competing at the Olympics is worth every sacrifice.

The Power of Olympic Dreams

The Olympics hold a special place in the hearts of athletes and fans alike. The Games not only showcase the physical capabilities of the athletes but also highlight their mental strength, resilience, and courage. Stories of triumph and defeat during the Olympics often inspire people around the world to chase their own dreams.

Olympic dreams are not limited to just winning medals. Many athletes view the Olympics as an opportunity to make a positive impact on their communities and the world. For some, the Olympics are a platform to raise awareness for important causes or to promote values like inclusivity, equality, and diversity.

The Impact of the Olympics on Society

The Olympic Games have a profound impact on society. The event brings attention to a variety of sports, encouraging young people to participate in physical activities. The excitement surrounding the Olympics can lead to an increase in sports participation and inspire individuals to adopt healthier lifestyles.

In addition, the Olympics serve as a platform for social change. Over the years, athletes have used the Games to protest against injustices, promote human rights, and advocate for social causes. The Olympics have given rise to iconic moments, such as the raised fists of Tommie Smith and John Carlos at the 1968 Games, which symbolized the fight for racial equality.

Conclusion

The Olympic Games are more than just a sporting event—they are a celebration of human achievement, unity, and dreams. For athletes, the Games represent the culmination of years of hard work, sacrifice, and dedication. The Olympics inspire millions of people worldwide to believe in themselves and pursue their own dreams. Whether they compete in the Games or simply watch from home, the Olympic spirit has the power to bring people together and inspire greatness in all of us.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Olympic Games
 2. Medal
 3. Athletes
 4. Unity
 5. Inspiration
- a) A prestigious sporting competition held every four years
 - b) People who compete in sports
 - c) A prize awarded to those who win or perform excellently in sports
 - d) The feeling of being motivated to do something great
 - e) The state of being united or joined together

2. Fill in the Blanks

Complete the sentences with the correct words:

1. The Olympic Games are a global event that brings together athletes from all over the _____.
2. After years of training, the athlete finally won a gold _____ at the Olympic Games.
3. The Olympic Games promote _____ by bringing together people from different countries.
4. The story of an athlete overcoming obstacles to compete in the Olympics can be a great source of _____.
5. Competing in the Olympics is the ultimate _____ for many athletes around the world.

3. Discussion Questions

- a. Why do you think the Olympic Games are so significant to people around the world?
- b. What are some of the challenges that athletes face while preparing for the Olympics?
- c. Can you think of any Olympic moments that inspired you or had a social impact?
- d. What does the Olympic motto “Citius, Altius, Fortius” (“Faster, Higher, Stronger”) mean to you?
- e. How do you think the Olympics influence young people to participate in sports?

4. Writing Task

Write a short essay (150-200 words) on what the Olympic Games mean to you. Consider the following questions:

- What aspects of the Olympics do you find most inspiring?
- Do you think the Olympics help bring the world closer together? Why or why not?
- If you could compete in any Olympic sport, which one would it be and why?

Tema 9. Super Athletes.

In the world of sports, there are individuals who transcend the usual limits of human performance. These individuals are known as super athletes. Super athletes are athletes who possess extraordinary skills, strength, endurance, and mental toughness. They seem to perform feats that ordinary athletes could never achieve, breaking records and setting new standards in their respective fields. But what makes someone a super athlete? Is it just natural talent, or is it a combination of genetics, hard work, and dedication?

What Makes a Super Athlete?

A super athlete is often born with an exceptional combination of physical abilities. This might include heightened speed, strength, agility, or flexibility. However, natural talent alone is not enough. Super athletes dedicate their lives to pushing their bodies beyond what most people think is possible.

1. Genetics and Physical Abilities

While talent plays a crucial role in an athlete's success, genetics cannot be overlooked. Some athletes are simply born with the right body type and physiological makeup to excel in sports. For example, long-distance runners often have longer legs and lower body fat percentages, which help them achieve optimal performance over long distances. In contrast, sprinters are often shorter and more muscular, which allows them to generate power and speed in short bursts.

Additionally, some super athletes have specialized muscle fibers that make

them faster or more enduring. These athletes often have a higher proportion of fast-twitch muscle fibers, which allow them to accelerate quickly, or slow-twitch fibers, which are crucial for endurance events.

2. Mental Toughness and Focus

In addition to physical talent, mental toughness is an essential quality that sets super athletes apart from others. Many super athletes are known for their ability to remain calm under pressure, focus on their goals, and push through pain and exhaustion. This mental resilience is developed over years of training and competing at the highest level.

For instance, elite athletes like tennis stars Serena Williams or Novak Djokovic can maintain focus during high-pressure moments in matches, such as serving for a grand slam title. The ability to block out distractions, stay positive, and keep pushing forward is what separates super athletes from ordinary athletes.

3. Extreme Training and Dedication

Another defining characteristic of super athletes is their unrelenting commitment to their craft. They follow strict training regimens, often training for several hours a day, six days a week, to perfect their skills. For example, swimmers like Michael Phelps and gymnasts like Simone Biles spend years practicing their strokes or routines before ever stepping onto the Olympic stage.

This intense dedication extends beyond just training. Super athletes also pay attention to every detail of their diet, sleep, and recovery. Their daily lives revolve around optimizing their bodies for peak performance. This level of commitment is not easy—it requires discipline, sacrifice, and often the abandonment of other parts of life.

4. Overcoming Setbacks and Challenges

One of the most inspiring aspects of super athletes is their ability to

overcome obstacles. Every super athlete faces setbacks—whether it’s an injury, a loss in competition, or a mental block. However, their ability to bounce back and keep pushing forward in the face of adversity is what makes them truly exceptional.

Take the example of Usain Bolt, the Jamaican sprinter who overcame injuries earlier in his career to become the fastest man in the world. His journey to becoming an Olympic champion was not without struggles, but his resilience and determination enabled him to achieve greatness.

Examples of Super Athletes

Many athletes have reached the peak of their sports, and their stories are sources of inspiration for millions. Here are a few examples:

1. Michael Phelps

Michael Phelps, the most decorated Olympian of all time, is often considered a super athlete. With 23 Olympic gold medals and 28 total medals, his achievements in swimming are unmatched. Phelps’ incredible success is a result of his physical capabilities (he has an extraordinary wingspan and body type for swimming) and his intense work ethic. He spent hours in the pool every day, often practicing up to 12 times a week. His mental toughness and ability to perform under pressure made him a legend in the world of sports.

2. Serena Williams

Serena Williams is often regarded as one of the greatest tennis players of all time. Her athleticism, combined with her mental toughness, has allowed her to dominate the sport for over two decades. Serena’s powerful serve, fast footwork, and aggressive playing style set her apart from many other tennis players. Her journey hasn’t been without struggles, but she has consistently bounced back from injuries and personal challenges, solidifying her position as one of the most influential athletes in history.

3. Usain Bolt

Usain Bolt is known for his incredible speed and charisma. As the world's fastest man, Bolt has set world records in both the 100m and 200m sprints. His natural talent for running, combined with his intense focus on training and his unique stride, allowed him to dominate the sport for years. Despite facing challenges, including injuries, Bolt's confidence and determination led him to win multiple Olympic gold medals, making him one of the greatest sprinters in history.

The Legacy of Super Athletes

Super athletes inspire not only their peers but also future generations. They demonstrate what is possible when an individual combines natural talent with dedication, perseverance, and a positive mindset. Their achievements push the limits of human potential and motivate others to pursue their dreams, whether in sports or other areas of life.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Super athlete
 2. Mental toughness
 3. Endurance
 4. Fast-twitch muscle fibers
 5. Recovery
- a) The ability to maintain high levels of physical performance over long periods
 - b) An athlete who excels beyond the ordinary human limits
 - c) Muscles that contract quickly and generate explosive strength
 - d) The ability to remain focused and overcome adversity under pressure

e) The process of allowing the body to heal and regain strength after exercise

2. Fill in the Blanks

Complete the sentences with the correct words:

1. Super athletes train relentlessly and focus on their _____ to achieve the highest level of performance.
2. Serena Williams' ability to perform in pressure situations is a clear example of her _____.
3. Michael Phelps' unique body shape gave him a significant advantage in _____ events.
4. Usain Bolt's remarkable _____ allowed him to run the 100m in record time.
5. After intense training, athletes need proper _____ to avoid injuries and maintain peak performance.

3. Discussion Questions

1. What do you think is the most important factor that makes an athlete a super athlete?
2. Do you think natural talent is enough to become a super athlete, or is hard work and dedication more important?
3. Can you think of other super athletes who have inspired you? What made them stand out?
4. What challenges do you think super athletes face, both physically and mentally?
5. Do you believe that anyone can become a super athlete with enough effort, or are there limits to human potential?

4. Writing Task

Write a short essay (150-200 words) about what qualities make someone a super athlete. Consider the following:

- What physical and mental traits do super athletes have?
- How does training affect their performance?
- Who is your favorite super athlete, and what makes them stand out?

Tema 10. The Courage of a Winner.

Winning is often seen as the ultimate achievement in any competition, whether it's in sports, academics, or business. However, winning is not just about crossing the finish line first or earning the most points. The true essence of being a winner lies in the courage it takes to overcome obstacles, face fears, and persevere despite challenges. The courage of a winner is what enables individuals to push their limits and achieve greatness, even when the odds are stacked against them.

The Courage to Start

The journey of any winner begins with the courage to start. It takes bravery to step out of your comfort zone and try something new, whether it's entering a race, starting a new business, or taking on a personal challenge. Many people hesitate to even begin because of the fear of failure or the possibility of not being good enough. However, winners don't let fear control them. They understand that success is often built on the foundation of starting, regardless of the uncertainties ahead.

Consider an athlete who decides to train for an Olympic event. The courage to start comes from believing in their ability to improve, even when they are far from being the best. The journey to becoming a champion is not without its challenges, but the first step is always the hardest, and the courage to take that step sets the winner apart.

The Courage to Fail and Keep Going

Winners are not defined by their successes alone; they are defined by their

ability to bounce back from failure. The courage to fail and keep going is one of the most important traits of a true winner. Everyone faces setbacks at some point—be it an injury, a lost competition, or a mistake made during a crucial moment. However, what separates winners from others is their ability to view failure not as a permanent defeat, but as a temporary setback.

The story of Michael Jordan, widely regarded as one of the greatest basketball players of all time, serves as an example of this courage. Jordan was cut from his high school basketball team, an early failure that could have crushed his dream. Instead, he used that setback as motivation, famously saying, “I’ve missed more than 9,000 shots in my career, I’ve lost almost 300 games, and 26 times I’ve been trusted to take the game-winning shot and missed.” Jordan’s courage to fail and continue trying ultimately led him to six NBA championships and a legacy of greatness.

The Courage to Stand Alone

There are times when winning means standing alone and staying true to your beliefs, especially when everyone around you may be doubting or discouraging you. The courage to stand alone is often the mark of a true winner because it requires confidence in your abilities and a deep understanding of your purpose. Whether it’s making a difficult decision, challenging a norm, or taking a risk that others wouldn’t dare, the courage to stand alone often leads to the most significant victories.

Consider Rosa Parks, a woman whose act of courage in standing up for her rights changed the course of history. In 1955, Parks refused to give up her seat to a white man on a segregated bus in Montgomery, Alabama. Her courage to stand alone in the face of injustice sparked the Montgomery Bus Boycott and became a powerful symbol of the civil rights movement. While her “win” was not in a traditional sense, her bravery led to lasting change and demonstrated that standing firm for what is right can be the ultimate victory.

The Courage to Inspire Others

A winner doesn't just achieve personal success; they also have the courage to inspire and uplift others. True winners understand that their victories are not solely for themselves but can serve as a source of motivation for others. They know the importance of leading by example and showing others what is possible through their actions.

One example of this is Serena Williams, who has inspired countless young athletes, particularly women and minorities, to pursue sports. Williams has faced many challenges throughout her career, from criticism for her playing style to the pressure of being one of the most successful tennis players in history. Yet, through her courage and determination, she has shown others that barriers can be broken, and anyone can succeed if they are willing to put in the effort.

The courage to inspire others is also about being vulnerable, sharing struggles, and offering encouragement. Winners understand that their path to success can serve as a blueprint for others to follow, and they are willing to help those around them rise to their own greatness.

The Courage to Never Give Up

Ultimately, the courage of a winner is about the refusal to give up. It's easy to quit when things get tough or when victory seems out of reach. But winners are defined by their ability to keep going, even when they face exhaustion, disappointment, or failure. They have an unwavering belief in their ability to succeed, and they use every setback as a lesson to improve.

Consider the story of Thomas Edison, the inventor of the lightbulb. Edison failed thousands of times before he successfully created a working lightbulb. When asked about his failures, he replied, "I have not failed. I've just found 10,000 ways that won't work." Edison's courage to never give up, even when everyone around him believed his attempts were futile, ultimately led to a revolutionary invention that changed the world.

Conclusion

The courage of a winner goes beyond just achieving success. It is about having the courage to take risks, to fail and try again, to stand up for what is right, to inspire others, and to never give up, no matter how difficult the journey may be. Whether in sports, business, or life, true winners show that greatness comes from overcoming obstacles, maintaining belief in oneself, and helping others along the way. The courage to win is not just about achieving a goal; it is about the strength and resilience that shape a winner's character.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Setback
 2. Perseverance
 3. Resilience
 4. Courage
 5. Inspire
- a) The ability to recover from difficulties or failures
 - b) The ability to keep going despite challenges
 - c) To motivate others to take action or feel empowered
 - d) The mental strength to face danger or difficulties
 - e) An obstacle or problem that delays progress

2. Fill in the Blanks

Complete the sentences with the correct words:

1. After facing a major _____ in the final game, she did not give up but continued to train harder.

2. Michael Jordan's _____ helped him become one of the greatest basketball players of all time.
3. The _____ to keep going, even when things seem impossible, is what makes winners successful.
4. Despite the criticism, Rosa Parks had the _____ to stand up for her rights. 5. A true leader has the _____ to encourage others to reach their full potential.

3. Discussion Questions

- a. How important is it to embrace failure on the path to success?
- b. Can you think of an example of someone who showed great courage in standing up for what they believe in?
- c. What role does resilience play in becoming a winner?
- d. How can a person inspire others through their actions?
- e. What does the phrase "courage of a winner" mean to you in the context of your own life?

4. Writing task

Write a short essay (150-200 words) on how the courage to keep going can help you achieve success.

Consider:

- What challenges have you faced in your life that required courage?
- How did you overcome them, and what did you learn from the experience?
- Why is it important to never give up, even when things seem difficult?

Tema 11. Paralympics.

The Paralympic Games are one of the world's most inspiring sporting events, showcasing the strength, determination, and perseverance of athletes with

physical disabilities. These Games, which are held every four years, bring together athletes from all around the world who demonstrate that limitations in physical abilities do not define a person's potential. The Paralympic Games have grown significantly over the years, helping to promote inclusivity, challenge stereotypes, and inspire people of all abilities.

History of the Paralympic Games

The origins of the Paralympic Games date back to 1948, when a group of World War II veterans in the UK organized a sports competition for soldiers with spinal cord injuries. The event took place in Stoke Mandeville, England, and was led by Dr. Ludwig Guttmann, a German neurologist. Dr. Guttmann believed that sport could play a key role in the rehabilitation of injured soldiers, helping them regain their independence and improve their quality of life.

The first official Paralympic Games were held in Rome, Italy, in 1960, and since then, the event has expanded to include athletes with a variety of disabilities, including those with visual impairments, cerebral palsy, amputations, and other physical challenges. Today, the Paralympic Games are a major international event, held just after the Olympic Games and recognized by the International Olympic Committee (IOC).

The Athletes: Courage and Determination

Paralympic athletes demonstrate remarkable courage, resilience, and determination. They face physical and mental challenges every day as they train and compete, yet they push through these obstacles to achieve greatness. The athletes who participate in the Paralympic Games come from diverse backgrounds, representing countries from all over the world. Despite their differences, they share a common goal: to prove that disability is not an obstacle to success.

One of the key features of the Paralympics is the classification system, which ensures fair competition among athletes with different types of disabilities. Athletes are classified based on their specific disability and the extent to which it

affects their ability to compete in the sport. This system allows athletes with varying degrees of disability to compete on a level playing field.

Some notable athletes who have made history in the Paralympic Games include:

1. Tanni Grey-Thompson (UK)

Tanni Grey-Thompson is one of the most successful Paralympic athletes of all time. She is a wheelchair racer who won 11 gold medals, 4 silver, and 1 bronze over her career. She has also set world records and is widely recognized for her achievements both on and off the track. Tanni's legacy has helped to raise awareness about the abilities of people with disabilities and has inspired many to pursue sports.

2. Oscar Pistorius (South Africa)

Oscar Pistorius, known as the "Blade Runner," is another iconic figure in the Paralympic Games. Pistorius, a double amputee, competed in both the Paralympic and Olympic Games, challenging the boundaries of what athletes can achieve. He won multiple gold medals in the Paralympic Games and became the first amputee to compete in the Olympic Games, racing against able-bodied athletes.

3. Jessica Long (USA)

Jessica Long is a highly decorated Paralympic swimmer from the United States. She has won 23 Paralympic medals, including 13 golds, and holds multiple world records. Long, who was born with a congenital condition that led to the amputation of both her legs, has become an inspiration to millions, proving that hard work, dedication, and resilience can help overcome any challenge.

The Importance of the Paralympic Games

The Paralympic Games are more than just a sporting event; they are a powerful tool for raising awareness and promoting inclusivity. By showcasing the abilities of athletes with disabilities, the Games help to challenge societal perceptions and inspire people to embrace diversity. They send a clear message

that people with disabilities are capable of achieving greatness, and that disability should not be seen as a limitation but as a different way of experiencing the world.

In addition to their role in breaking down barriers, the Paralympic Games provide an opportunity for individuals with disabilities to showcase their talents on the global stage. They serve as a platform for athletes to prove that with the right mindset, hard work, and determination, anything is possible.

The Legacy of the Paralympic Games

The Paralympic Games have left a lasting legacy in terms of both sports and social change. Since their inception, they have helped change attitudes towards people with disabilities and have led to greater inclusion in society. The Games have also contributed to improvements in accessibility, as many cities around the world have made changes to infrastructure to accommodate athletes and spectators with disabilities.

Furthermore, the Paralympic Games have inspired a new generation of athletes with disabilities. The visibility of Paralympic athletes in the media, combined with their achievements, has created a shift in public perception, making it more common to see people with disabilities participating in sports at all levels.

1. Promoting Inclusivity in Society

The Paralympic Games promote the importance of inclusivity not only in sports but also in everyday life. The visibility of athletes with disabilities helps to create a more inclusive society where people of all abilities are celebrated and given equal opportunities. Schools, workplaces, and public spaces are increasingly becoming more accessible, and people with disabilities are finding more opportunities to participate in all aspects of life.

2. Changing Attitudes

The Paralympic Games have also played a role in changing attitudes about disability. They challenge the stereotype that people with disabilities are limited in what they can achieve. Instead, they highlight the incredible talent,

determination, and resilience that people with disabilities possess. These Games have shown that disability is not an obstacle to success but just another part of what makes each athlete unique.

Conclusion

The Paralympic Games are a testament to the strength, courage, and determination of athletes with disabilities. They showcase the incredible achievements of individuals who refuse to be limited by their circumstances. As the Games continue to grow in size and scope, they inspire millions of people worldwide, not only to pursue sports but also to live life with resilience and perseverance. The courage and dedication of Paralympic athletes remind us that anything is possible when we believe in ourselves and push forward, no matter the challenges we face.

Tasks

1. Vocabulary Match

Match the words with their definitions:

1. Classification
 2. Inclusivity
 3. Amputee
 4. Resilience
 5. Platform
- a) The ability to recover from difficulties
 - b) A system for sorting athletes based on their abilities
 - c) A person who has lost a limb
 - d) A space or opportunity for people to express themselves
 - e) The practice of including everyone, regardless of differences

2. Fill in the Blanks

Complete the sentences with the correct words:

1. The Paralympic Games provide a _____ for athletes with disabilities to showcase their talents.
2. Tanni Grey-Thompson's success as a _____ racer has inspired many people with disabilities to pursue sports.
3. Oscar Pistorius made history as the first _____ athlete to compete in the Olympic Games.
4. The Paralympic Games challenge society's views about _____ and inspire greater acceptance of people with disabilities.
5. Jessica Long's remarkable achievements as a _____ swimmer have made her a role model for millions.

3. Discussion Questions

- a. What do you think the Paralympic Games teach us about overcoming obstacles?
- b. How can the success of Paralympic athletes change attitudes towards people with disabilities?
- c. What do you think is the most important aspect of the classification system in the Paralympic Games?
- d. How do you think the Paralympic Games have influenced the way society views disability?
- e. Who is your favorite Paralympic athlete and why?

4. Writing Task

Write a short essay (150-200 words) on how the Paralympic Games inspire you.

Consider:

- What qualities do you admire in Paralympic athletes?
- How do their achievements motivate you in your own life?
- Why is it important to have events like the Paralympics in the world today?

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